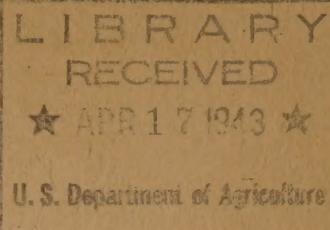


United States Department of Agriculture  
U.S. EXTENSION SERVICE  
Washington, D. C.GOOD FAMILY LIFE IN WARTIME

The family bears the brunt of the war. From it must come -

- A. Manpower - men for fighting, men and women to work.
- B. The materials needed - resulting in shortages of the usual civilian goods used by the family.
- C. Money to finance the war - taxes, war bonds, the needs of suffering people cut into the funds used for family living.

The greatest and most difficult of these is manpower. We will do without things. We will even find a way to buy the bonds, pay the taxes, and help other folk too. But supplying the manpower makes serious demands on our family life.

1. Manpower - men to fight, men and women to work.

Manpower means usable human energy. Every person is a reservoir of potential energy. To be usable this energy must first be generated, then released in the desired channels. The mechanism of the generator is the entire human body. The belt which turns it is the feelings aroused by that body's experiences at the moment. The stronger the feelings aroused the greater is the energy generated. Wartime experiences arouse strong feelings. The energy is generated. Our great national problem is to use it wisely.

This requires the intelligent use of our knowledge of the generator's productive possibilities and how to maintain it at its highest level of efficiency. War demands peak production from each one of us. We must produce all the human energy we can and we must not allow it to be scattered and wasted.

2. Keeping folk on the job.

To keep working we know that this energy generator, man, needs two kinds of special servicing.

- (1) To keep a working body structure, he needs correct food, enough rest, exercise, recreation, and relaxation. Most of these physical needs are met in home, through the homemaking routines. When these routines fail to satisfy completely, we turn to community facilities. We may go to the restaurant for dinner. If the apartment is small we can play in the park. But the decisions involved are a part of the homemaking - the management of the family life in the home to provide for the physical needs of each person.

(2) To keep the body structure working he needs to feel right about his job and his life. Dissatisfaction causes loss and diffusion of energy. Meeting his normal emotional needs in his everyday life will remove worry and irritability.

These emotional needs, too, are best met in the home through the family relationships. The management of family life to provide for these is also a part of the homemaking program. So the homemaker becomes a basic war strategist. If she is to keep the energy production at its peak and reduce loss to a minimum, she must understand the emotional needs she has to satisfy and how she can use the everyday and wartime experiences in the home to satisfy them.

### 3. Keeping feelings right.

Every person has some definite feeling needs. When these are satisfied he feels capable and interested in doing the job assigned.

(1) Each person must feel his importance in his home.

He must feel that his part in the family's war efforts is significant, that his work and his contributions are recognized and appreciated by his family.

How can the homemaker see that each family member has this feeling?

(2) He must feel that he is loved, wanted, and trusted, and that he in turn values all the members of his family. This feeling is one which stretches any distance - to the industrial center, or to the far-away battle front. The worker and the fighter carry it with them. It makes their strenuous efforts worth while. It puts purpose behind their punches.

How can we keep this feeling strong?

(3) He must be helped to get full pleasure out of his friendships. War brings many difficulties into human life. It may disrupt relationships just at a time when the security of friendly togetherness is most needed. Neighbors and friends are now most necessary to us. Sympathetic sharing, working, playing, and planning together for the meeting of wartime problems builds faith in our ability to see the war through.

Make some plans for strengthening friendships.

(4) He must be helped to develop and use his best abilities. This is a time when skills are most important. Each person has some potential skills. We are much happier when our work demands their use.

Make a plan for small children, school children, the adolescent and adult members.

(5) He must be helped to gain assurance and security within himself. This is the only true security. It is especially important in wartime. We all need faith in our ability to handle situations as they come, and to do all that is required of us.

How can we help our children and ourselves to develop this assurance?

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(6) He must share in setting the family's wartime goals, in working toward them, and in the results. He must share fully in the deprivations as well as the fullness of the family's life.

How our family can plan together?

(7) He must have the assurance that together his family can plan for making the best use of all the means at hand and all share alike. In wartime full use of all we have is very important. By planning together we find more and better uses for everything and can in many ways offset the deprivations. Complete sharing is best. We are happier to be hungry among the hungry than to be well fed among them.

Consider some items to work on.

(8) He must feel strongly the "togetherness" of family life, the fellowship and unity. In wartime we need more play together, more hospitality, and more awareness of our family traditions. It is encouraging to talk over how our family in past generations adjusted themselves to wartime difficulties. It helps to discover how "tough" we are.

List things to do to give the feeling of togetherness.